

# Assistance from Montana Schools



# Montana Schools with a Recess Before Lunch Policy

List as of September 2003

Schools across Montana are implementing a Recess Before Lunch policy. Please contact any of these schools directly for details and/or advice on changing to a Recess Before Lunch Policy.

## Western Montana Region

Whitefish Central School (grades 5-8), Whitefish, MT  
Hawthorne School (grades K-5), Missoula, MT  
Lewis and Clark School (grades K-5), Missoula, MT  
Paxson School (grades preK-5), Missoula, MT  
Russell School (grades K-5), Missoula, MT  
Hellgate Elementary (grades K-2), Missoula, MT  
Seeley Lake Elementary (grades 1-8), Seeley Lake, MT  
Potomac Elementary (grades 1-8), Bonner, MT  
Frenchtown 7-8 (grades 7-8), Frenchtown, MT  
Asa Wood School (grades K-3), Libby, MT

## Central Montana Region

Highland Park School (grades K-2), Lewistown, MT  
Radley Elementary School (grades 3-5),  
East Helena, MT  
Gallatin Gateway Elementary (grades 1-4),  
Gallatin Gateway, MT  
Arrowhead Elementary School, Pray, MT  
Ridgeview Elementary School (grades 2 and 4),  
Belgrade, MT  
Heck/Quaw Elementary School (grades 3 and 4),  
Belgrade, MT

Broadwater School (grades PK-5), Helena, MT  
Bryant School (grades K-5), Helena, MT  
Central School, (grades K-5), Helena, MT  
Kessler Elementary School (grades K-5), Helena, MT  
Four Georgians School (grade 5), Helena, MT  
CR Anderson Middle School (grade 6), Helena, MT  
Helena Middle School (grades 6-8), Helena, MT

## Eastern Montana Region

Central Heights School (grades K-6), Billings, MT  
Melstone Public Schools, (grades K-6), Melstone, MT  
Rau Elementary School (grades K-6), Sidney, MT

## Northern Montana Region

Meadowlark School (grades K-2), Conrad, MT  
Prairie View School (grades 3-5), Conrad, MT  
Valier School (grades K-6), Valier, MT  
Havre Public Schools, Havre, MT  
a. Highland Park Early Primary (grades K-1)  
b. Lincoln McKinley Primary (grade 2)  
c. Sunnyside Intermediate (grades 4-5)  
Belt Public Schools, Belt, MT  
Mountain View School (grades K-5), Great Falls, MT



# Examples of Schedules from Montana Schools

Montana Elementary School Schedule  
Grades K-2 600 Students

Kindergarten Morning Session  Class 8:30-10:25	Grade 1  Class 8:30-10:05	Grade 2  Class 8:30-10:05
	Recess 10:05-10:20	Recess 10:05-10:20
Recess 10:25-10:40	Class 10:20-11:30	Class 10:20-11:30
Class 10:40-11:00		
	Recess 11:30-11:45	Recess 11:30-11:45
	Lunch 11:50-12:10	Lunch 11:45-12:10
	Recess 12:10-12:30	Recess 12:10-12:30
	Kindergarten Afternoon Session  Class 12:30-2:15	Class 12:30-1:30
	Recess 1:30-1:45	Recess 1:30-1:45
	Class 1:45-3:00	Class 1:45-3:00
Recess 2:15-2:30		
Class 2:30-3:00		

Montana Elementary School Schedule  
Grades K-2 140 Students

K-Grade 2  Class 8:35-10:15
Recess 10:15-10:30
Class 10:30-11:25
Recess 11:25-11:45
Wash Hands Lunch 11:45-12:20
Class 12:20-2:00
Recess 2:00-2:15
Class 2:15-3:15

# Examples of Schedules from Montana Schools

Montana Elementary School Schedule  
Grades K-5 370 Students

Breakfast 7:50-8:20	Breakfast 7:50-8:20	Breakfast 7:50-8:20	Breakfast 7:50-8:20	Breakfast 7:50-8:20	Breakfast 7:50-8:20
	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
Kindergarten Morning Session  Class 8:35-10:15	Class 8:35-10:15	Class 8:35-10:15	Class 8:35-10:35	Class 8:35-10:35	Class 8:35-10:35
Recess 10:15-10:30	Recess 10:15-10:30	Recess 10:15-10:30			
Class 10:30-11:00	Class 10:30-11:10	Class 10:30-11:25	Recess 10:35-10:50	Recess 10:35-10:50	Recess 10:35-10:50
			Class 10:50-11:35	Class 10:50-11:50	Class 10:50-12:00
	Recess 11:10-11:30				
	Lunch 11:30-12:00	Recess 11:25-11:50	Recess 11:35-12:05		
		Lunch 11:50-12:15		Recess 11:50-12:15	Recess 12:00-12:25
	Class 12:00-1:45	Class 12:15-1:45	Lunch 12:05-12:25	Lunch 12:15-12:40	Lunch 12:25-12:50
			Class 12:25-2:05	Class 12:40-2:05	Class 12:50-2:05
Recess 1:45-2:00	Recess 1:45-2:00	Recess 1:45-2:00			
Class 2:00-3:00	Class 2:00-3:00	Class 2:00-3:00	Recess 2:05-2:20	Recess 2:05-2:20	Recess 2:05-2:20
			Class 2:20-3:00	Class 2:20-3:30	Class 2:20-3:30

Montana Elementary School Schedule  
Grades K-6 115 Students

Kindergarten- Grade 4  Class 8:25-10:50	Grade 5-6  Class 8:25-10:50
Recess 10:50-11:15	Recess 10:50-11:15
Lunch 11:15-11:45	Lunch 11:15-11:45
Class 11:45-2:00	Class 11:45-3:30
Recess 2:00-2:15	
Class 2:15-3:30	

# Examples of Schedules from Montana Schools

Montana Elementary School Schedule  
Grades 3-5 150 Students

Grade 3 Class 8:25-10:15	Grades 4-5 Class 8:25-11:40
Recess 10:15-10:30	
Class 10:30-11:30	
Recess 11:30-11:55	
Lunch 11:55-12:25	Recess 11:40-12:00
Class 12:25-2:00	Lunch 12:00-12:25
Recess 2:00-2:15	Class 12:25-2:00
Class 2:15-3:15	Recess 2:00-2:15
	Class 2:15-3:15

Montana Middle School Schedule  
Grades 5-8 680 Students

Grade 5 Class 8:40-9:45	Grade 6 Class 8:40-10:00	Grade 7 1st Period 8:40-9:32	Grade 8 1st Period 8:40-9:32
Recess 9:45-10:00		2nd Period 9:37-10:24	2nd Period 9:37-10:24
Class 10:00-11:20	Recess 10:00-10:15		
	Class 10:15-11:20	3rd Period 10:29-11:16	3rd Period 10:29-11:16
Recess 11:20-11:42	Lunch* 11:20-11:42	4th Period 11:21-12:08	4th Period 11:21-12:08
Lunch* 11:42-12:03	Recess 11:42-12:03		
Classes 12:03-3:22	Classes 12:03-3:22	Recess 12:08-12:31	Lunch** 12:08-12:31
		Lunch** 12:31-12:53	Recess 12:31-12:53
		5th Period 12:58-1:45	5th Period 12:58-1:45
		6th Period 1:50-2:37	6th Period 1:50-2:37
		7th Period 2:44-3:22	7th Period 2:44-3:22

\*5th grade has 1st lunch during 1st & 3rd quarters. 6th grade has 1st lunch during 2nd & 4th quarters.  
\*\*7th grade has 1st lunch during 1st & 3rd quarters. 8th grade has 1st lunch during 2nd & 4th quarters.

The following pages contain a Recess Before Lunch Information Packet developed by Sharon Redfern, principal at Highland Park School in Lewistown, MT. Ms. Redfern has generously given permission to share this information. Feel free to modify or reproduce it to fit your needs.

# Recess Before Lunch

(i.e. Play first, then eat.)



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Lewistown Public Schools  
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MAEMSP State Convention  
Great Falls  
February 7, 2003

# Highland Park Elementary

May 7, 2002

Dear Parents:

Beginning next week, Highland Park will be trying a new schedule during our lunch break: "Recess Before Lunch." Several Montana schools have already implemented this type of lunch hour, and others will also be trying a new schedule for the next year. Before eating lunch, our students will be dismissed to the playground for play and then be brought in to eat. Following lunch, students will return to class, ready to learn. Students will have the same play time and will have a slightly longer time in the lunchroom for eating during the new schedule.

There are many benefits to this type of program. Schools report greater nutrient consumption, as children eat a more balanced diet; less plate waste or food thrown away, as children are more ready to eat and are not in a hurry to get outside to play; better classroom performance, as children pay more attention when they are not hungry; better lunchroom and classroom behaviors, as children are focused on lunch rather than the playground and return to class feeling more full and settled.

We hope that this new schedule will promote better nutrition and student achievement for all of our students. We will try this schedule for two weeks, and if successful, will implement it for the next school term. If you have any questions, please contact me.

Also, we have gathered quite a collection of Lost and Found items. Please feel free to stop at the front office to look for clothing or other articles that may belong to your children.

Thank you for supporting Highland Park. It's been a great year!

Sincerely,

Sharon Redfern,  
Principal

# Highland Park Elementary

## Lunch Schedule

### 2002-03

<b>First grade-Group 1</b>			
	Recess 11:00-11:20	Wash & Dine 11:20-11:50	
		Hall/lunchroom duty for teacher	
<b>First grade-Group 2</b>			
	Recess 11:05-11:25	Wash & Dine 11:25-11:55	
		Hall/lunchroom duty for teacher	
<b>Second grade-Group 1</b>			
		Recess 11:30-11:55	Wash & Dine 11:55-12:20
		Hall/lunchroom duty for teacher	
<b>Second grade-Group 2</b>			
		Recess 11:35-12:00	Wash & Dine 12:00-12:25
		Hall/lunchroom duty for teacher	
Playground Assistants			
			Lunch & Hall Assistants

# Recess Before Lunch

## Key Points

The concept of eating lunch after recess is based on research data. References are attached.

### Expected benefits of the program

- ★ Less classroom discipline problems – children are more settled when they return to class after eating.
- ★ Better classroom performance – children pay more attention to the lessons when they are not hungry.
- ★ Better cafeteria behavior – children are ready to eat and not eager to leave lunch to go outside and play.
- ★ Greater nutrient consumption – children are ready to eat, and they eat more of the foods. Foods served but not consumed are of no nutritional benefit.

### Additional benefits noted at Highland Park

- ★ Teachers have more instructional time before lunch because they don't have to allow time for hand washing.
- ★ Children consume more food and drink more milk than before.
- ★ Students spend less time waiting in lines.
- ★ Teachers can give children extra help with their classroom skills before both go to lunch.

### Tips for success

- ★ Develop a system to promote hand washing before lunch.
- ★ Inform children where to place coats and belongings during lunch (classroom, lockers, etc.)
- ★ Decide where to store cold lunches for easy access.
- ★ Take care of lunch money before recess.
- ★ Be sure children have enough time to eat.
- ★ Share the benefits of the program with your staff. A trial period can help to work out scheduling and duty issues and allows for staff input.

# Highland Park's Recess Before Lunch Program

1. Our Food Service Director provided informational materials for our staff, and we reviewed them in 2001-02. After several staff discussions, we agreed to give the program a two-week trial period in May, 2002. The schedule had to be "tweaked" several times; we developed one that worked well.
2. Five minutes was added to the lunch time to ensure that students would have at least twenty minutes to eat. Staff duty time was increased slightly (five minutes).
3. A "plate waste" study was done in May, 2002, by Team Nutrition personnel. All food and milk that was thrown away was weighed and measured. Ten second graders were surveyed to determine how they liked playing before eating, and the staff was surveyed regarding their feelings about the new program.
4. Highland Park was one of four schools awarded a grant as a Pilot School for full implementation of the Recess Before Lunch program for 2002-03. A second plate waste study was done in September, 2002, using the same menu as last spring. Results showed that plate waste was reduced from 4.5 oz. per student to 2.98 oz., a total of about ten pounds less waste for the whole group. Beverage waste was similar in both studies with less than 1 ounce of beverage waste per student.
5. In the student survey, all second grade students who were surveyed preferred having recess before lunch. Teacher surveys were also very positive.
6. Parents are very supportive of this type of lunch hour, noting that it is a sensible approach for increasing nutrient consumption by students.



Highland Park's kitchen staff.